

Light!

STOCKHOLM TEAMGYM OPEN

March 8th 2025



PM 1

INFORMATION

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REGISTRATION

Link to registration:

<https://forms.gle/tZVqL1KGtnwaAeqBA>

Registration will close when the competition is full, but at the latest at February 7th

INSURANCE

All participants need to have specific gymnastics insurance for training/competing/spotting. Swedish rules requires two spotters in trampet and one on tumbling. This will apply on all teams, including teams from other countries.

JUDGES

Each registered team needs to provide at least one educated judge (minimum Swedish level 3 or Code of Points for international teams) that can judge at least one class. Registration needs to be done before February 14th

Without a registered judge, the team will receive an extra fee of 2000 SEK per missing judge.

Judges registration link: <https://forms.gle/G2QwmxRsCckNXTQn8>

All judges are getting an emolument. Level 3 gets 350SEK/class, judges with Code of Points education 450SEK/class

PM 2

Further information with schedules, starting lists and team order will be sent out 2 weeks before the competition, at the latest.

Information will be published live online with a "living document" to optimize the schedule in case of deregistered teams. Link will be sent later.

COMPETITION ARENA

Enskedehallen, Simlångsvägen 50, 120 39 Årsta, Sweden

REGISTRATION FEE

800SEK per apparatus registration per team

2000SEK in case of no registered judge

Registration is binding

Appendix 1

RULES

GENERAL:

It is allowed for 4 gymnasts per club to participate in more than one team, but not in the same class. Classes can be divided or merged depending on the amount of registered teams.

JUDGING

D-score: based on the last 6 gymnasts
E-score: based on the 6 gymnasts with least deductions
C-score: based on the last 6 gymnasts

Gymnasts who “obviously/purposely” does not fulfill the requirements for composition and are placed before the last 6 gymnasts can not be counted in to the E-score. This rule includes the team round.

LANDING

STG Open is arranged to so called “semi landing”. That means a landing mat on top of a covered pit. The goal is to provide a competition with less body stress and load.

MEDALS

Medal ceremony will be held after each class

LIGHT VERSION

This competition, STG Open Light, is held to provide an option for those teams who needs semi landing and COP-regulations since there was no other competition doing that at this time of the year.

However, there will be some differences to the “real” STG Open.

1. Warm up will be scheduled and possible only in the competition hall. We will not be able to book the hall we usually warm up in.
2. Participants will have a special section in the arena where they can wait/watch etc. during the competition, due to the lack of warm-up-space.
3. No Floor Digital will take place

CLASSES

CODE OF POINTS

From 13 yrs (6-20 gymnasts)

Tumbling- & trampett – no all around

Based on UEG Code of Points junior

Efter the competition registration is full or after February 7th we will probably divide the teams into smaller classes, depending on either age, gender and the number of participating teams.